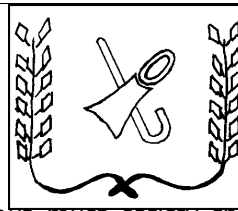


SNORKELLING
INTEREST BADGE


Date Passed

Signed

Before being trained or examined for this badge, a Scout must satisfy the examiner that he is medically fit for snorkelling.

1. The Scout must have passed the Swimming Scoutcraft Badge, or have completed all its requirements. _____
2. To be completed in a swimming pool wearing only a swimsuit. One minutes rest is allowed between each test.
 - a) Swim 200m freestyle in not more than 8 minutes.
 - b) Float on back for 5 minutes using only slight arm and leg movements, or use drownproofing for 5 minutes.
 - c) Tread water with arms folded across chest for one minute.
 - d) Recover object from no less than 2 metres._____ 1 _____
3. To be completed in a swimming pool using a mask, snorkel and fins. A wetsuit with neutralising weightbelt may be worn.
 - a) Sink mask, snorkel and fins in 3 to 5m of water. Dive for each individual item separately and refit on surface. If wearing a wetsuit the weightbelt is not to be removed. If no wetsuit is worn, a weightbelt of 5% of body weight should be worn.
 - b) Whilst treading water, remove weightbelt and hand to a person on the poolside. Retrieve from person and refit whilst still treading water.
 - c) Fin 200m doing at least 8 neat duck dives.
 - d) Tow buddy 50m.
 - e) Fin 25m underwater.
 - f) Hold breath for 20 seconds underwater.
 - g) Remove mask. Fin 50m with face submerged and breathing through snorkel. One hand is to be behind the back and the other used to steady the snorkel._____ 2 _____
4. To be completed in open water. A wetsuit with neutralising weightbelt may be worn. Before entering the water discuss the dive plan with the examiner.
 - a) Fin 400m wearing basic snorkelling equipment.
 - b) Dive to 5m and signal "OK" afterwards.
 - c) Tow his buddy 50m._____ 3 _____
5. The Scout should have a sound knowledge of the following:
 - a) Basic snorkelling equipment, its use and care;
 - b) Boyle's Law and the effects of pressure on the body, especially the lungs, ears and sinuses;
 - c) Hyperventilation;
 - d) Hypothermia;
 - e) Dive planning (pre dive check, signals, lost buddy procedure);
 - f) Resuscitation techniques._____ 4 _____

SCUBA training is excluded from this badge because training should only be given by a qualified instructor.

_____ 5 _____